

PLAID NEWSLETTER



Prepare yourself physically...



...and mentally! (see below for details!)

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Tricia and Anna being silly at a competition!

News and Updates

Feis Prep

On September 15th, there will be a feis preparation class. The open champions of PLAID are donating their time to help out our beginner and intermediate dancers! This is also a fund raiser for the Irish Dance Booster Club, meaning you can improve your dancing AND help out the IDBC!

This is a great opportunity to get those new workshop steps down before the next feis, or to fine-tune your current material – or both!

Sign-up sheets will be in both studios soon, so be sure to keep an eye out. Dancers should bring their own snack and lunch.

The fee is \$50 per dancer, and the class runs from 10:30am-2:30pm. We hope to see you all there!

Dress Book

As you may or may not have noticed, there has been a “dresses for sale” book in each studio for a few months. But so far, these books have been empty. I am here to tell you how it will be filled! (and how to sell that dress!)

First, if you have a solo dress currently at the studio, it needs to be picked up. There will be no room for solo dresses in the studios after upcoming improvements.

Now that you have your dress, the next step is to fill out the “dress sale form” on the PLAID website. To reach this, go to the PLAID website and click ‘Dancers and Members’ > ‘PLAID Store.’ You will need to log in to access this page. **Be sure to fill out one form per dress!** We need all the information on the form for each of your lovely dresses!

Now comes the fun part! After filling out your form, create an 8 ½” x 11” sheet of pictures that you feel best show off your dress.

This is where you can emphasize that really cool rhinestoned brooch, or how the cape sits, or anything you feel is important so go crazy!

When you have completed both the form and your picture sheet, e-mail them to me at JJ@larsonirishdance.com. After that, I will do the rest!

This is a great way to let the entire dance school know about your dress and also to have all the information right at the customer’s finger tips! We hope you take advantage of this service :D

Upcoming Portrait Day

The annual PLAID portrait day is coming up in November! No details as of yet, but I thought everyone would like to know just in case anyone wanted to plan ahead. :D



A family photo of the Larsons :D

Health and Fitness

Prepare for Dance; Physically *and* Mentally!

We all know that preparing before we dance is very important. Things like warming up, stretching and running through the dances really quick are all highly beneficial. But when the idea of preparing your mind comes up, most of us laugh and turn the other cheek.

Well I'm here to tell you that mental preparation is just as important as physical preparation. Preparing yourself mentally is very beneficial, and here's a few ways to show you how and why:

Run through your dances in your head.

This seems silly sometimes, but we do it all the time! Before getting up to dance, be sure to run through your entire dance in your head. This gets the dance fresh in your mind, and so you clearly remember all your steps. The fresher your steps are in your mind, the less chance of mistakes!

THINK POSITIVELY!!!! How many of the great men and women in history are recorded as saying things like, "I'm not good, I suck" or "the current champ will just take first anyways"? None of them did!

A great example of a fantastic attitude is Thomas Edison. After failing to create a working light bulb literally 10,000 times, he said this: *"I have not failed. I've just found 10,000 ways that won't work."*

As we all know, Thomas Edison did go on to achieve his goal. So stop filling your heads with negative thoughts and instead think positively! You're all great dancers!! 😊

Visualize. Take some time and close your eyes. Imagine yourself up on stage ready for the music to start. Your posture is perfect, your feet are crossed and your smile is glowing.

The musician starts to play, you get up on your toes, and you're off! Your lead around is so grand that all the judges look only at you. You're the star here and the audience is silent as they watch you move across the stage. Before you know it, your dance is over and your toe is pointed. The crowd begins to clap wildly and it's all for you!

Do you think this could be you? If you said 'no,' then it won't be. How can we expect to perform at the level described above if we don't *believe* that we can? Get it into your head that you are amazing! You are a star! You are the next big thing in Irish dance! But it all starts with a simple question: **'Do you think you can do it?'**

Olympic athletes take mental preparation very seriously, and take entire days to just visualize. They visualize the track, visualize their actions, visualize pulling ahead, visualize winning. If mental preparation is just a bunch of bologna, then these Olympians are getting seriously ripped off!

But really now, mental preparation is highly beneficial for us as athletes. So be sure to go through your dances, think highly of your dancing, and visualize taking home that trophy and sash (and kicking that typical 1st place medal holder's butt!)

